Hysteroscopy

Hysteroscopy is a procedure that is done to see inside your uterus. It can help find the cause of problems in the uterus. This helps your physician decide on the best treatment. In some cases, it can be used to perform treatment. Hysteroscopy may be done in your physician’s office or in the hospital.

Why Is It Done?

Hysteroscopy may be done based on the results of other tests. It can help find the cause of problems such as:

- Unusually heavy or long menstrual periods
- Bleeding between periods
- Postmenopausal bleeding
- Trouble becoming pregnant (infertility) or carrying a pregnancy to term

Risks and Possible Complications

Problems with the procedure are rare. But all procedures have risks. Risks of hysteroscopy include:

- Infection
- Bleeding
- Perforation (tearing) of the uterine wall
- Damage to internal organs
- Scarring of the uterus
- Problems with anesthesia (the medication that prevents pain during the procedure)

Before the Procedure

- Tell your physician if you have any health problems including diabetes, heart disease or bleeding problems.
- Tell your physician about all the medications you take including any over-the-counter medications, herbs or supplements.
- You may be told not to use vaginal creams or medication, and not to have sex or douche.
- You may be told not to eat or drink the night before the procedure.
- You may be asked to sign a consent form.
- To help relieve cramping that may occur, you may be given a pain reliever to take an hour before the procedure.
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During the Procedure
- You may be given general anesthesia or medication to help you relax or sleep. In some cases, an IV line will be put into a vein to give fluids and medications.
- The hysteroscope (a long, thin lighted tube) is inserted through the vagina and into the uterus. It is used to see inside the uterus. Images of the uterus are viewed on a monitor.
- A gas or fluid may be injected into the uterus to expand it.
- Other tools may be put through the hysteroscope. These are used to take tissue samples or to remove growths.

After the Procedure
- You may have cramps and bleeding for 24 hours after the procedure. This is normal. Use pads instead of tampons.
- Do not douche or use tampons until your physician says it is okay.
- Do not use any vaginal medications until your physician approves.
- Ask your doctor when you can have sex again.

Follow-Up
Schedule a follow-up visit with your physician. Based on the results of your test, you may need more treatment. Be sure to follow instructions and keep your appointments.

When to Call Your Doctor
Call your doctor immediately if you have any of the following after surgery:
- Heavy bleeding (more than one pad an hour for two or more hours)
- A fever over 100.4°F
- Increasing abdominal pain or tenderness
- Foul-smelling discharge